

OFFICE OF RESOURCE STEWARDSHIP: COOPERATIVE EXTENSION



ALIGNING BOARD PRIORITIES WITH OPTIMIZED RESOURCES

PEOPLE FOCUSED. PERFORMANCE DRIVEN.

Goal Statement

To provide researched-based educational programs and information on horticulture, agriculture, natural resources, forestry, family and consumer sciences, and 4-H youth development, empowering citizens of Leon County to make decisions and behavior changes that contribute to an improved quality of life and a more sustainable community.

Strategic Initiatives/Support Highlights

Environment

- Leon County's Cooperative Extension Division trained over 435 commercial landscape maintenance and land management professionals resulting in more than 4,269 certifications and/or continuing educational units. This ensures compliance with pesticide application laws and other regulations.

Quality of Life

- 458 limited resource adults completed an 8-week series of in-depth nutrition education classes through the Expanded Food and Nutrition Education Program (EFNEP). 85% of adults reported at least one positive change in their diet. Nutrition education programs reached nearly 500 low-income senior citizens with nutrition education.
- Engaged more than 7,300 youth in 4-H programs and activities. Involvement in 4-H enhances decision making, leadership, and communication skills. Nearly 150 youth increased their skills and knowledge in environmental stewardship and other life skills by participating in 4-H day and overnight camping.

Contact Us

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CULTIVATING SOLUTIONS FOR YOUR LIFE

- Leon County Extension provided educational assistance to 11 community gardens and 25 school gardens resulting in nearly 30,000 pounds of food.
- Classes have included topics such as herb gardening, beginner gardening, Master Gardener, and container gardening. Nutrition and food preservation classes help backyard gardeners safely and healthfully prepare and store their harvest.
- Over 150 people attended "Grow Healthy, Eat Healthy" workshops, held at six library branches, in conjunction with the Seed Library. Participants learned how to grow the seeds they could check out and how to prepare the vegetables they would harvest. Six additional workshops will support the fall seed packet launch.
- In partnership with the IRS and with funding from a Bank of America grant, certified volunteers electronically filed tax returns through the Virtual Volunteer Income Tax Assistance (VITA) program. More than 142 rural households filed their 2014 taxes resulting in over \$132,000 refunded to tax payers (average tax refund \$930.00). Such service costs average \$160 and "rapid refunds" cost even more! This is a burden to low-income citizens who do not always understand how to file on their own. The participants also received access to financial services.
- Talquin Electric employees and contractors attended classes to learn proper tree trimming techniques and tree management. These practices help employees work more efficiently to improve tree safety, aesthetics, and reliability of electrical power.
- Conducted Smarter Lunchroom assessments at 17 Leon County School lunchrooms. The assessments help schools implement small changes to help children make healthful choices and help fight childhood obesity.
- 4-H youth development programs help youth learn by doing. In 4-H activities, children learn about the environment, nutrition, sewing, gardening, robotics, and more. 4-H youth also develop leadership and citizenship skills.
- In partnership with Tallahassee Memorial Healthcare, citizens attended nutrition programs at 11 different community sites during National Nutrition Month. Nearly 500 citizens learned about proper hydration with water to reduce sugar intake from convenience beverages like juice and soda.
- Leon County began the Great Tree Challenge, a unique way for citizens to document the size and history of notable local trees.



Macon Community Garden